

BLEND**E**D 16oz – 9.95

make it a smoothie bowl +2.50 (granola, fruit, honey)

SO-CAL ACAI

açaí, blueberries, bananas, dates, hemp seeds, himalayan salt, h2o

SWEETGRASS SMOOTHIE

kale, fennel, tarragon, grapefruit, orange, apple, pear juice
BLENDE**D** – with spinach, avocado, and ice

MEXICAN MORNING AVENA

oats, pear, blueberries, coconut milk, dates, goji berries, maca, cinnamon, himalayan salt, milk*, h2o

MATCHA MATCHA MATCHA

matcha, spinach, fresh coconut, bananas, dates, flax, himalayan salt, milk*

GOOD MORNING BREW

cold brew coffee, spinach, banana, coconut milk, nut butter*, dates, cacao nibs, maca, himalayan salt, milk*, h2o

TART, FRESH, SWEET BEET

beets, cucumber, tart cherries, blueberries, avocado, dates, goji berries, cashews, h2o

MELBOURNE GREEN

kale, spinach, cucumber, banana, dates, brazil nuts, fresh basil, h2o, granola on top

FIREFLY

greek yogurt, mango, peaches, pear, fresh turmeric and ginger, goji berries, pinch of cayenne, himalayan salt, fresh oj, h2o

GREEN PINA COLADA

kale, pineapple, peaches, greek yogurt, coconut milk, h2o

NANA'S BANANA-WALNUT

banana, spinach, walnuts, dates, coconut milk, flax, maca

COLD BREW

COLD BREW COFFEE 16oz – 5.50

with water over ice

with milk* over ice + \$1

COLLEEN'S BREW LATTE 16oz – 10

cold brew coffee and housemade nut milk over ice
coconut-mint-brazil nut milk

JUIC**E**D 12oz – 8

GREEN JUICE, RED JUICE, SUNNY JUICE

check our "fresh sheet" for the ingredients we're using today

HOT DRINKS

SWEETGRASS BUTTER COFFEE 12oz – 5.50

Organic drip coffee blended with organic grass-fed butter and coconut oil (add raw cacao and agave + 1)

DRIP COFFEE 12oz – 2.75

ESPRESSO (add agave, cacao or vanilla for 1.00):

ESPRESSO – 2.75

AMERICANO 8oz/12oz – 3

CAPPUCINO 8oz – 3.50

LATTE 8oz/12oz – 3.50/4

MOCHA 8oz/12oz – 4.50/5

MATCHA LATTE 8oz/12oz – 4/4.50

matcha, steamed milk*

MATCHA MOCHA 8oz/12oz – 4.50/5.25

matcha, raw cacao, agave, steamed milk*

GOLDEN LATTE 12oz – 5.95

hemp, turmeric, orange, honey with pepper on tip

GOODNIGHT MOON 12oz – 2.95

orange slice, star anise, cinnamon stick, apple cider vinegar, raw honey

HOT TEA 12oz – 3

black, green, herbal

BALINESE TEA 12oz – 3

lemon slices, fresh ginger, cinnamon stick

BROTHS 12oz – 4.95

chicken herb (GF) or fennel-miso (GF)(V)

OTHER DRINKS

BEER – 5

ipa, amber, blonde

WINE – 12 (two serving container)

white, red, rose, sparkling



100% GOOD FOOD

sweetgrassfoodco.com

1923 7th Avenue
Seattle, Washington 98101

Phone: (206) 602—6656

Mon - Fri: 7—8 & Sat-Sun: 8—3

Order for pick-up or delivery on our website:
sweetgrassfoodco.com

OR text SWEETGRASS to 33733
to download & *order through our mobile app*

**We feature local, responsibly sourced
and mostly organic ingredients.**

*Our juices and smoothies contain unprocessed fruit and vegetables
(consumption of unprocessed fruits and vegetables may result in
foodborne illness)*

GRAB & GO

SOAKED OATS – 7.5

oats, groats, and brazil nut-hemp milk with fruit compote, dried figs, and hemp hearts (GF)(V)

CHIA PUDDING – 7.5

vanilla cashew chia pudding with raw pumpkin seeds, sunflower seeds, and golden berries (GF) (V) (N)

AVOCADO CACAO MOUSSE – 7.5

avocado, cacao, cinnamon, cayenne, sea salt, coconut oil, agave, vanilla, coconut milk (GF) (V) (N)

TODAY'S FRESH JUICES – 8

green juice, red juice, sunny juice

HOUSEMADE SWEETGRASS SWEETIES

* free of refined sugar

buckwheat snail cookies (GF) – 2.75

tahini-walnut-spelt cookies (WF) (N) – 2.75

mira bar* (GF) (V) (N) – 3.95

matcha tea cake (WF) – 2.75

peanut butter square (GF) (V) (N) – 2.50

BOTTLE DRINKS

dry soda – 3.50

kombucha – 4.50

water: bubble/still – 3.50

GOOD START BREAKFAST

+ humane egg (GF), + sprouted organic tofu (GF)(V) – \$2

+ humane or wild chicken, salmon, or tuna (GF) – \$4

FIVE-COLOR SWEETGRASS RICE POTTAGE – 9.50

(SERVED ALL DAY) simmered short grain brown rice topped with adzuki beans, pickled sweet chilies, cilantro, fresh ginger, shaved fennel, scallions (GF)(V)

SWEETGRASS MACA OATS – 7.50

oats, avocado, apple-cider-vinegar soaked sultanas, maca, himalayan salt with seasonal fruit (GF)(V)

100% GOOD GRANOLA – 7.50

amaranth, oats, teff, sliced banana, and milk*, cold or steamed (GF)

with almond or soy milk (Vegetarian)

add greek yogurt +1

AMARANTH GRITS – 7.50

lemon-fennel grits with kale, sharp white cheddar, sweetgrass chili oil (GF)

OR with seasonal fruit, nuts, and a honey drizzle (GF)

with no cheese or honey (GF) (V)

HOUSE BREAKFAST SALAD – 9.50

arugula, soaked pearled barley, seasonal fruit, feta, lentils, walnuts, citrus-coriander vinaigrette (available any time of day!) (N)

(N) = indicates nuts which may not be listed in ingredients

(V) = indicates Vegan Option

(GF) = indicated Gluten Free

LUNCH & DINNER

+ humane egg (GF), sprouted organic tofu (GF)(V) – \$2

+ humane or wild chicken, salmon, or tuna (GF) – \$4

GREENS

SWEETGRASS THAI KALE SALAD – 9.95

kale, shaved red cabbage, edamame, mung beans, basil, cilantro, fresh ginger, pickled sweet chilies, cashews, thai chili-peanut-ginger vinaigrette (GF) (V) (N)

MIKE'S GREENS – 10.50

kale, brussels sprouts, shredded carrots, seasonal vegetables, edamame, chickpeas, sunflower seeds, feta, tahini dressing (GF)

HABANERO FRESH SEASONAL GREENS – 10.95

sprouted rainbow quinoa, kale, fresh coconut, roasted sweet potatoes, seasonal fruit, seasonal vegetables, walnuts, habanero-lime-allspice vinaigrette (GF) (V) (N)

MATCHA CAESAR – 9.95

romaine lettuce, cherry tomatoes, fresh basil, roasted garlic, croutons, vegan parmesan, vegan matcha caesar dressing, lemon squeeze (V) (N)

GRAINS

warm up your grains with ladleful of broth (chicken herb (GF) or fennel-miso (GF)(V))– + \$2

CITRUS SWEET POTATO SWEETHEART BOWL – 10.95

soaked pearled barley, spinach and arugula, adzuki and mung beans, shaved fennel, roasted sweet potato, basil, apple-cider vinegar soaked sultanas, hazelnuts, citrus-coriander vinaigrette (V) (N)

WHITE BALSAMIC HEARTY BARLEY – 10.95

soaked pearled barley, spinach, seasonal fruit, seasonal vegetables, lentils, white beans, aged white cheddar, hemp seed, toasted walnuts, white balsamic vinaigrette (N)

BUDDHA BOWL – 11.50

coconut brown rice, sprouted soaked quinoa, kale, brussels sprouts, shaved red cabbage, shredded carrots, avocado, lentils, mira bar crumble, tamarind-lime vinaigrette (GF) (V) (N)

FIVE-COLOR SWEETGRASS RICE POTTAGE – 9.50

(SERVED ALL DAY) simmered short grain brown rice topped with adzuki beans, pickled sweet chilies, cilantro, fresh ginger, shaved fennel, scallions (GF)(V)

*If you have food allergies or just want things your way, ask for our **BUILD YOUR OWN** menu.*

Our soft poached eggs are not cooked to the temperature required by the food code (consumption of undercooked eggs may result in illness)